

Muhlenberg Elementary Center and CE Cole

K-6 Snack Options

For the health, wellness and safety of all students, beginning 2013-2014 school year, the following lists provide guidelines to strictly approved snacks permitted to be brought into Muhlenberg Elementary Center and CE Cole for student consumption. This list is exclusive to snacks intended to be shared with other students. Individual student snacks and lunches that are not shared are exempt from this list.

*APPROVED SNACK OPTIONS

1. Fresh/Dried fruit
2. Fresh vegetables
3. Pretzels (individual serving bag)
4. Soft Pretzels
5. Goldfish™ crackers (individual serving bag)
6. Graham crackers
7. String cheese
8. Popcorn (individual serving bag)
9. Granola bars (peanut free only)
10. Yogurt
11. 100% fruit juice drinks, bars, strips, etc.
12. Fat-free milk
13. Baked chips (individual serving bag)
14. Cheez-its (individual serving bag)
15. Fig/Fruit Newtons™
16. Tortilla chips and salsa
17. Sugar-free Jell-O™/Pudding
18. Dried cereal
19. Pre-packaged cheese & crackers
20. Animal Crackers
21. Yogurt-covered raisins
22. Single-serving fruit cups
23. Others approved by School Principal



NOT APPROVED SNACKS

1. Chocolate(s)
2. Candy
3. Cake products
4. Soda
5. Cookies
6. Gum
7. Donuts
8. Juice drinks not 100% fruit juice
9. Popsicles
10. Ice Cream
11. Animal Cookies
12. Granola Bars w/chocolate or nuts
13. Any homemade items
14. Any product(s) with nuts



Notes:

- *All pre-packaged items must have manufacturer's list of ingredients available for review